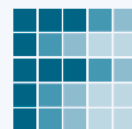




# ARTS & HEALTH SOUTH WEST AWARDS YEARBOOK 2013



FINE FAMILY FOUNDATION



Arts & Health South West is an information, support and advocacy organisation for people who believe in the value of creativity in enhancing people's 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 Awards have been created to celebrate inspirational arts and health projects and individuals who have made a significant contribution to the field in the South West of England.

The awards are:

£4000 for a health organisation

£4000 for an arts organisation

£1000 for an individual

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

'I am delighted that the Fine Family Foundation is supporting this award which celebrates how art is used to understand and deal with personal health issues. My experience in the health industry has taught me that having patients pursue art as a way of healing themselves is a natural and effective way to cope. I have been moved by their stories and am grateful to be involved with this award.'

The Director of the Fine Family Foundation.

Full case studies of all the projects profiled in this yearbook are available on the AHSW website [www.ahsw.org.uk](http://www.ahsw.org.uk)





## HEALTH AWARD WINNER



### Arts for Health Cornwall and the Isles of Scilly Celebrating Age and Ambition

For age is opportunity no less  
Than youth itself, though in another dress,  
And as the evening twilight fades away  
The sky is filled with stars, invisible by day.  
HENRY WADSWORTH LONGFELLOW,  
“Morituri Salutamus”

This project was aimed at engaging older people throughout the county of Cornwall in creative activities, raising awareness of, and stimulating debate on, the talents and capabilities of older people through showcasing the work in contemporary arts venues. The creative facilitators comprised a dancer, writer and visual artist. The project had a number of strands including workshops with a range of different groups of older people, one-to-one sessions with people who are housebound and a mature dancers' company. The culmination of the project was a two-day event at the Exchange Gallery in Penzance, a contemporary art gallery. There were installations of work created, projections, books of creative writing, 3 dance performances by Inner Ground and a symposium discussing the issues arising from the project, its legacy and future plans.

In total over 180 people were directly involved in creating work that formed part of the final exhibition, approximately half of these were people who took part in the one-off pop-up workshops; the others were people with a longer-term engagement in the project. In addition we had a further 50 people who took part in the competition. The ages of participants ranged from people in their late 50s to people in their 90s, and included some very active, fit and independent older people as well as those requiring round-the-clock care.

Inner Ground  
Dance Company

Photo by  
AFHC







## HEALTH AWARD HIGHLY COMMENDED



## Healing Arts, Isle of Wight NHS Trust

A Lifetime's Health  
Delivered Creatively

3 arts and health programmes developed for delivery in key health areas with accompanying arts and health toolkits, research protocols, evaluation and conclusions.

Healing Arts, IoW NHS has designed and delivered three arts and health programmes in key health target areas – child/family health and issues of weight and lifestyle: primary/community mental health: rehabilitation and wellbeing on an acute hospital ward. Each programme has a delivery 'toolkit' for other arts & health organisations, NHS Trusts and Commissioners to assist designing/commissioning future activity. The programmes have accompanying research protocols, integrated research evaluation, and final reports and conclusions with cost benefits. Filmed interviews have been made with participants on the outcomes. Four research papers have been written for publication in 2012-13.

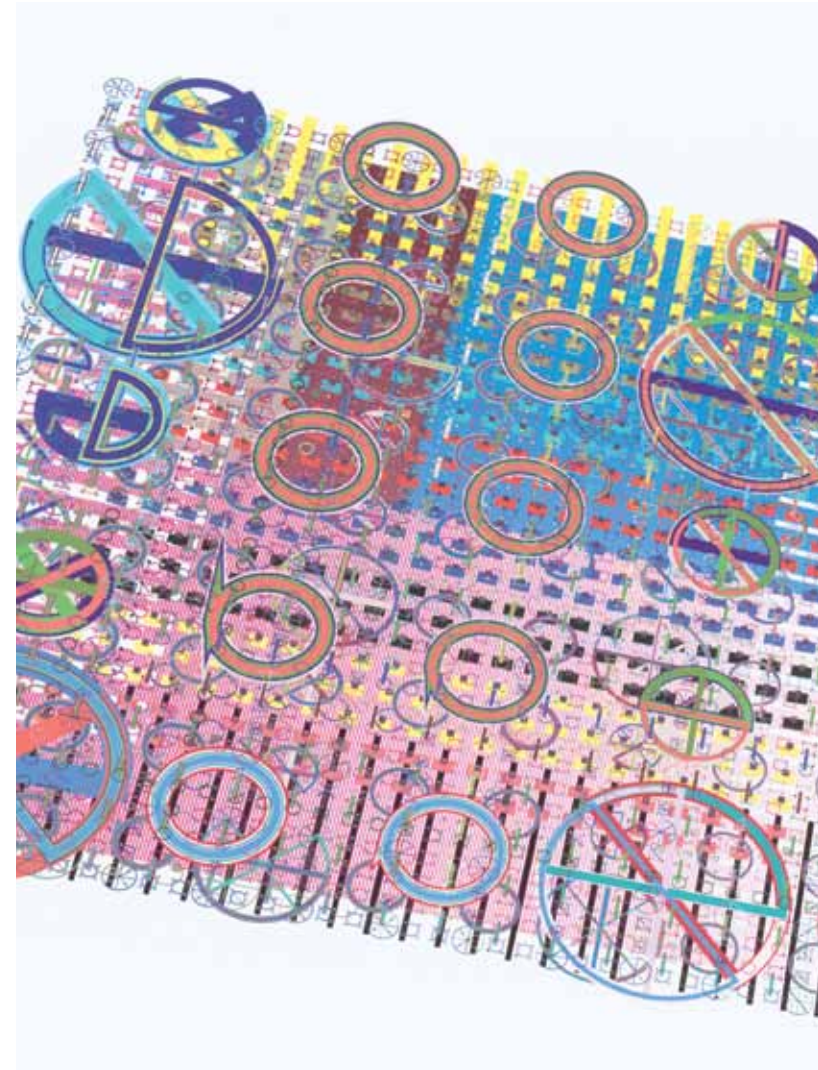
**Music for Stroke  
Programme**

**Photo by  
Dick Davis**



## Paintings in Hospitals

Transformations:  
digital prints from  
the V&A collection



In Spring/Summer 2012 Paintings in Hospitals collaborated with the Victoria and Albert Museum to bring the therapeutic benefits of museum quality artworks to patients, staff and visitors of the Great Western Hospital, Swindon. Transformations: digital prints from the V&A collection brought together a range of artists who work with computers as an expressive and experimental medium. All of the prints featured in the exhibition had never been exhibited outside of the V&A, and in some cases they were displayed for the first time. Paintings in Hospitals is a charity that uses art and creativity to improve the wellbeing of people with illness, addiction, autism and disability along with the people caring for them. The charity has a collection of 4,000 original artworks, which are available to the health sector for loan, and implements interactive art projects and exhibitions with museums.

**e5705 by Mark Wilson**

**Photo by  
© Victoria and Albert  
Museum, London/ Mark Wilson**





**HEALTH AWARD**  
HIGHLY  
COMMENDED



**Salisbury NHS  
Foundation Trust**  
Young at Heart,  
Creative Time for  
Older Patients

Young at Heart is a programme of regular creative activities at Salisbury District Hospital, addressing the need to improve the hospital experience of elderly care patients, including patients with dementia. Six weekly sessions, facilitated by arts professionals, benefit some 30 patients each week. The activities relieve boredom and lift patients' moods. Observations indicate that the activities also have a positive impact on physical and mental wellbeing, sleep and nutrition, experience of pain or anxiety, potentially reduce length of stay, and have a positive effect on staff morale. The programme has been adopted by community hospitals in Shaftesbury and Sherborne.

**Dancer Rebecca Seymour  
with a patient**

**Photo by**  
Peter Ursem



# ARTS AWARD



## ARTS AWARD WINNER

## Creativity Works 'Creative Progression Process' programme

The 'Mental Health Creative Support Service' (MHCSS) supports people with low to moderate mental health needs to have more independent and fulfilling lives by developing peer support networks and groups. Our mission is to reduce the stigma surrounding mental health issues and to be actively involved in improving local services by those affected by mental health issues. Our aim is to use the skills and talents of group members to improve the experience of living with mental health issues in Bath & North East Somerset.

Creativity Works is currently supporting 6 Progression Groups that have evolved through a process of engagement, support and training to develop as self run community groups with a vibrant and inspiring focus around creativity and skills development rather than on their health problems. Participants express themselves through a wide variety of art forms including visual arts, creative poetry and writing, the spoken word and singing and are facilitated to develop and celebrate their 'voice'. The Creativity Works 'Creative Progression Process' treats people as individuals, as more than their illness and by working with real people/artists and working from venues based in the community participants/ people experience a tangible link with culture and mainstream community activities and services.

People with lived experience of mental health are referred into the projects from mental health services and organisations. Creativity Works has identified that participants progress through a minimum of 4 different stages on their journey to recovery and independence, and that they need different levels of support at each stage.

Photo by  
Creativity Works and Jill Carter





## ARTS AWARD HIGHLY COMMENDED



### Artsparks Art at the Heart of the RUH Royal United Hospital NHS Trust, Bath

Artsparks brought a series of regular creative workshops to young patients on the Children's Ward and the School Room's Hospital Education and Re-integration Service (HERS). Our aim was simple, to create a positive environment using inspirational professional arts practitioners to provide a stimulating distraction from the day to day routine of their treatment. Young people often feel threatened by the hospital environment and isolated at home during convalescence; those questioned felt that because they were ill they had a completely different experience of being a child or teenager. They created artworks in response to materials, methods, themes and issues, which were showcased in their new gallery.



**Edwina Bridgeman  
with patient**

**Photo by**  
Art at the Heart



## Southbourne Creative Hub



The Southbourne Creative Hub opened in September 2011 and spent 2012 establishing a number of arts for health and wellbeing initiatives that reflect and respond to some of the needs of the local community. These have formed the foundations for The Hub to develop and increase its work in this area in 2013 and beyond. The work was guided in particular by a) Five Ways to Wellbeing – connect, be active, take notice, learn, give and b) the aims and objectives of Intergenerational Learning and Active Ageing. Artforms included visual arts, singing, drumming, percussion, music therapy, creative writing, karate, circus skills, Qi Gong, storytelling and needlecrafts.

**Jericho Art Group  
Exhibition**

**Photo by**  
C Jones



**ARTS AWARD**  
HIGHLY  
COMMENDED



**Thelma Hulbert  
Gallery**  
Art & Mind at THG

This is a collaborative project between the Thelma Hulbert Gallery (East Devon's only public art gallery) and Mind in East Devon. 'Art & Mind at THG' supports people with mental health and anxiety problems to gain confidence and escape everyday worries by immersing themselves in art activities inspired by the gallery's changing programme of innovative art exhibitions. One morning a month participants meet as a group and look around the current exhibition at the Thelma Hulbert Gallery. The participants then work with staff or visiting artists to produce their own work or a joint piece of work inspired by the exhibition.



**Art & Mind at THG**  
**Photo by**  
Christine Barkla



# INDIVIDUAL AWARD





## INDIVIDUAL AWARD JOINT WINNERS



## Rebecca Seymour

Rebecca is nominated for three projects; Young at Heart, at Salisbury Hospital, 'Mind the Gap' at Salisbury Playhouse and 'Art & Age', a partnership project between 5 organisations in the Salisbury area. The project pioneers how the arts can support older people in the community by stimulating participation in arts activities and events, thereby reducing isolation and improving wellbeing. Rebecca has developed strong links with both the Alzheimer's Society and Alzheimer's Support in Wiltshire and has strived constantly to include people living with Dementia into all the work she delivers for older people. Being passionate about dance, Rebecca is also passionate about pioneering the benefits of dance and movement in the healthcare context. She works not only at Salisbury District Hospital, but also in various care homes and with a range of different groups. Following a recent study on the benefits of dance/movement for people with Parkinson's disease, Rebecca has set up a pilot project in Salisbury to explore further how movement can be most beneficial to these patients.

Rebecca Seymour

Photo by  
Rebecca Seymour



## Jane Willis

Jane has been a dedicated pioneer in the arts and health field since 1994 when she set up Vital Arts, the arts programme of Barts and the London NHS Trust. She moved to Bristol in 2000, where she established Willis Newson, one of the first arts consultancies dedicated to delivering arts and health work. Over the past year, she has seen a long-term partnership with University of the West of England come to fruition through the delivery of a 2 year Knowledge Transfer Partnership programme which has sought to develop and share knowledge around arts and health evaluation, and she has worked with Professor Daykin to pilot 2 academic arts and health courses. She has also supported local practice by helping to set up the Bristol Arts in Health Forum. As Director of Willis Newson, Jane has passionately and tirelessly advocated for the integration of art within healthcare environments. Her passionate belief in the value of the arts, coupled with her ability to make a convincing business case for the arts as part of healthcare delivery, has enabled her to unlock an estimated £4.5million to support the delivery of arts in healthcare projects over the past 12 years.

Jane Willis





**INDIVIDUAL  
AWARD**  
HIGHLY  
COMMENDED



## David Davies

During the early part of 2012, David got to know mental health service user members through his poetry reading and writing / journal writing workshops based at a mental health support drop-in, which he then progressed to meet at Bath Central Library. David devised themes based on the universal and personal experiences of participants through inviting feedback and involvement. From evaluating this feedback, David then proposed a project that was designed to bring personal writing and experience to an audience by combining poetry with visual work, performance, and 'visual poetry' forms. The underlying idea was to develop a 'progression model' relying on a developing group dynamic where participants took more and more control of their work, their outcomes and their relationships with organisations, artists, and partnerships around them.

**David Davies**  
**Photo by**  
Sarah Truscott



For further information about the projects in the Arts & Health South West Yearbook 2013 or about the Arts & Health South West Awards please contact [info@ahsw.org.uk](mailto:info@ahsw.org.uk) or visit the website [www.ahsw.org.uk](http://www.ahsw.org.uk)



## We are very grateful to the Arts & Health South West Awards Judges:

### **Frances Chinemana**

Public Health Consultant,  
NHS Wiltshire

### **Norma Daykin**

Professor of Arts and Health,  
University of the West of England

### **Hilary Garnham**

Arts Director, The Eden Project

### **Sue Isherwood**

Chair, Arts & Health South West

### **Pippa Warin**

Regional Manager Planning,  
Arts Council England South West



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



