



Arts In Health: The Next Chapter

2019/24

Foreword

Much has been achieved since the launch of the original **Unfolding Arts in Health: Belfast Trust Arts in Health Strategy 2013-15**, the Trust's first ever Arts in Health Strategy and a ground-breaking document developed in partnership with Arts Care NI. The impact of **Unfolding Arts in Health** has reached beyond Belfast Trust and across Northern Ireland. The level of engagement in Arts in Health activity across the Trust has grown with regular opportunities to experience or participate in creative activity including art, music, performing arts, photography, film and literature. The field of Arts in Health is developing significantly locally, nationally and internationally.

The purpose of **Arts in Health: The Next Chapter** is to build on the groundwork covered in **Unfolding Arts in Health** and to give Belfast Trust the framework to develop our Arts in Health programme over the next five years. The process of updating the strategy has involved consultation with staff, patients and service users via online surveys, feedback cards and a range of arts based workshops. A facilitated workshop for staff and stakeholders specifically addressed the Vision, Objectives and Outcomes.

The All-Party Parliamentary Group on Arts, Health and Wellbeing Inquiry Report **Creative Health: The Arts for Health and Wellbeing**, was launched in July 2017. The report is the outcome of a two-year inquiry by the group and contains compelling evidence of ways in which arts engagement can improve the public's health. These include helping with self-management, tackling obesogenic environments, improving mental health, promoting healthier ageing and tackling health inequalities.

The membership of Belfast Trust Arts Steering Group includes representatives from a range of service areas across the Trust, Arts Care and Arts Committees. With the launch of **Arts in Health: The Next Chapter** we commit to work with greater focus on the measurement and the outcomes of the work.

Peter McNaney CBE
Chairman, Belfast Health and Social Care Trust



Image:- Arts Care Artist in Residence Ceiling Tiles Project, Neurology, Musgrave Park Hospital

Why Arts in Health?

The three key messages in Creative Health: The Arts for Health and Wellbeing (as mentioned above) are as follows:

- The arts can help keep us well, aid our recovery and support longer lives better lived.
- The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.
- The arts can help save money in the health service and social care.

BHSCT Arts in Health aims to deliver a programme that improves experiences for patients, service users, families and communities and supports staff and volunteers to improve the services they deliver. We recognise that there are many benefits to creating a vibrant and creative community across the Trust. We strive to offer a programme that lifts the spirit, brings smiles to faces, and helps people to feel empowered in relation to their own recovery, rehabilitation and wellbeing. Alongside excellent quality of care and clinical outcomes for patients, engaging in the arts can speed recovery promote prevention of disease and improve wellbeing. The arts can enhance healthcare environments support staff retention and professional development and facilitate engagement with service users. Arts in Health aims to broaden the definition of what it means to be well and address what the Trust can do to support this.

Definitions

- **Arts** – most commonly within healthcare this involves visual arts, music, dance, writing, poetry, photography, film, animation, drama, clowning but may extend to an inexhaustible list of other art forms
- **Artists** – a creator of work in any art form including those listed above
- **Artist in Residence** – In BHSCT we use the term Artist in Residence in relation to our **Arts Care Artist in Residence Programme**, the role of the Artists in Residence is to facilitate participation in creative activity and to create new work with individuals and groups

ARTS IN HEALTH in BELFAST TRUST

Inclusion of arts based elements in strategies, programmes and events to stimulate engagement by the target group and strengthen the health message being conveyed e.g. activity linked to World Mental Health Day, Take Five Steps to Wellbeing, Smoking Cessation, Black Minority Ethnic Carers Group

Arts in Healthcare training for medical and nursing students to help students develop their own creativity, observational and interpretive skills, and empathy to deliver person centred care. e.g. Arts Care Arts in Health module and QUB Music as Medicine Module

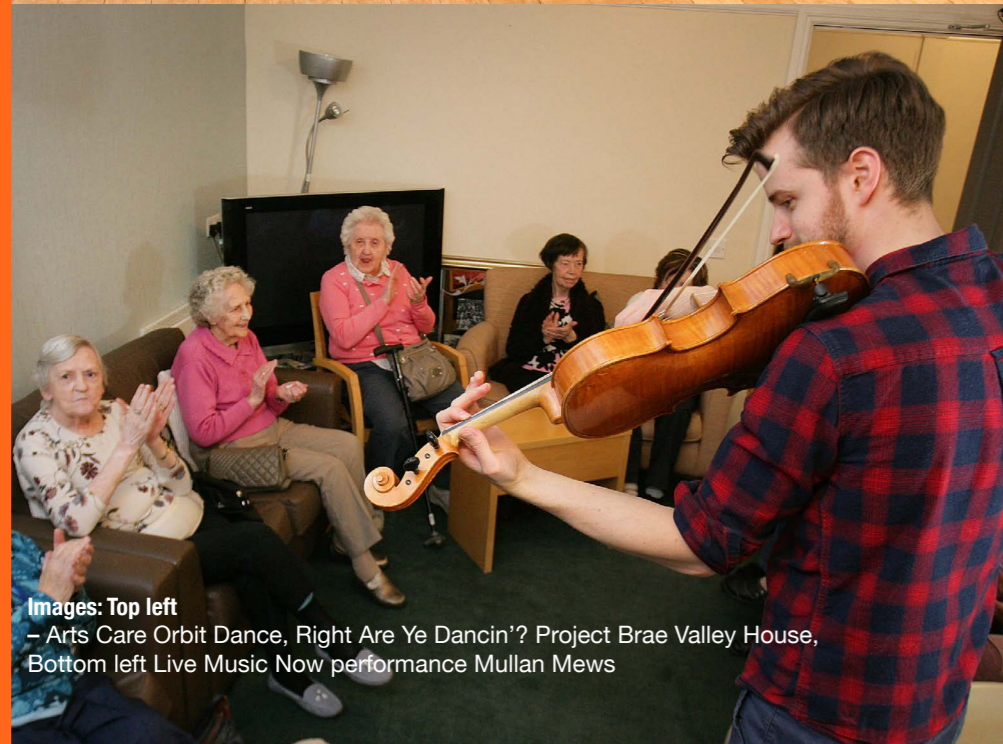
Opportunities for patients, families and staff in hospital and healthcare facilities to engage in arts activities for pleasure, reflection and creative expression. Delivered by Arts Care Artist in Residence, Activity Workers, Day Care Staff, additional partnership organisations.



Opportunities for people to enjoy arts performances in hospitals and healthcare facilities, and to participate as performers e.g. Orbit Dance, Arts Care Musician and Dancer in Residence, Here4U Staff Choir, Equal Notes Choir, Arts Care Musgrave Park Hospital Pantomime, Staff Orchestra.

Art and design in healthcare facilities contributes to a supportive and therapeutic environment e.g. Tower Gallery at City Hospital, Art in the Bays Project at Musgrave Park, Therapeutic Gallery at RVH Acute Stroke Unit.

Music and Arts Therapies delivered by registered Health and Care Professions Council therapists using arts participation to address specific therapeutic goal as part of a programme of treatment. e.g. Everyday Harmony's Music Therapy programmes



Strategic Framework

The Vision

Better health and wellbeing through access to the arts for all who come into contact with Belfast Trust

Strategic Aims

- To raise awareness of the role that the arts can play in prevention, healing, health and wellbeing
- To integrate the arts into mainstream health and social care
- To make greater use of the arts to promote health and wellbeing and engage with communities



Images: Top left – Arts Care Orbit Dance, Right Are Ye Dancin’? Project Brae Valley House, Bottom left Live Music Now performance Mullan Mews

Image: Arts Care Artist in Residence Studio Activity, Musgrave Park Hospital

Strategic Objective No. 1

To provide arts for all within health and social care settings

This means environmental and participatory arts are accessible to service users, their carers, visitors and staff, when they come into health and social care settings.

- Engage artists and arts organisations with the expertise to deliver a range of inspirational programmes of activity including workshops, performances, exhibitions and events.
- Support and encourage BHSCT staff to provide opportunities for arts engagement in their area of work
- Work with Estates/Redevelopment to ensure the safekeeping, maintenance and curation of the BHSCT collection of artwork and develop activity linked with the collection
- Identify financial support for Arts in Health within BHSCT, Trust Charitable Funds and external funders



Image: Equal Notes Choir, Learning Disability Services



Patrick Sanders images throughout: In memory of Patrick - Illustrator, performer, artist, activist, clown doctor

Strategic Objective No. 2

To equip healthcare staff to use the arts to support them in their work

This means providing information and training for Trust staff who wish to integrate arts activities into their work and supporting artists with opportunities to develop their skills to work in healthcare.

- Provide Information on Arts in Health service, training for staff, and opportunities to participate in programmes of activity highlighting good practice in Arts in Health
- Engage artists and organisations to deliver activity that will support the development of staff and volunteers
- Promote awareness and understanding of Arts Therapies including Art, Dance and Music Therapy and encourage clinicians to consider their use with patients and service users

BHSCT Arts in Health Strategy

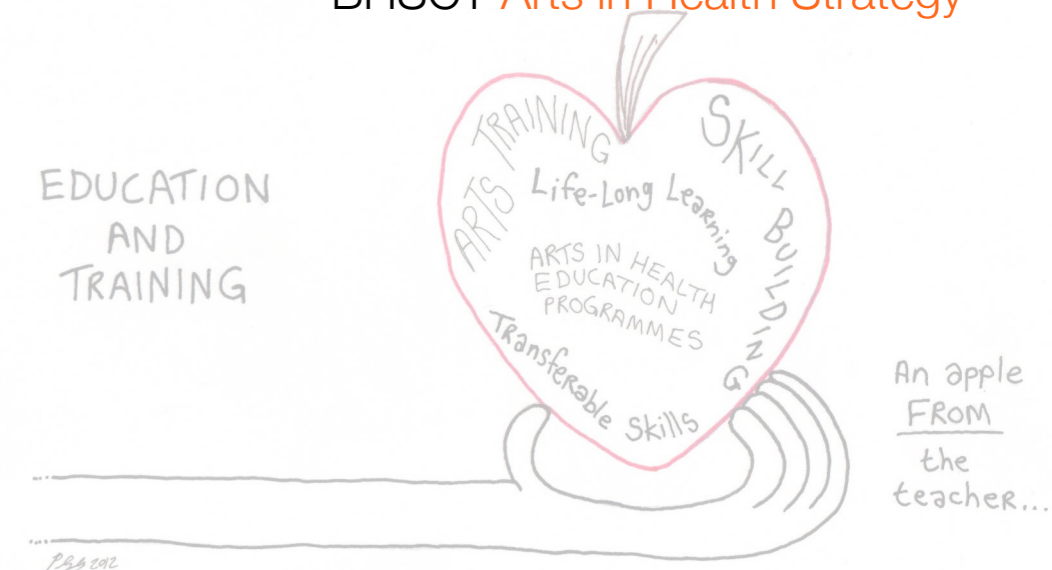


Image: Arts Care Activity Royal Jubilee Maternity Hospital

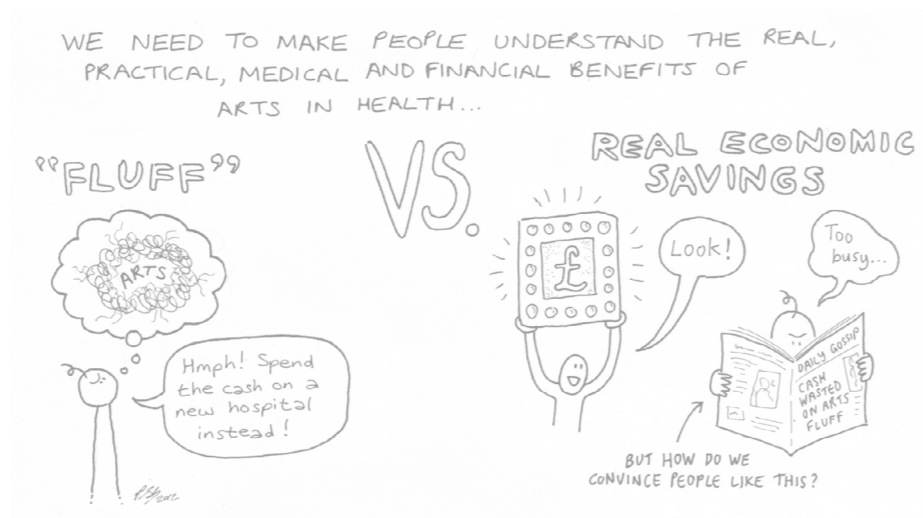
Strategic Objective No. 3

To measure the impact of the arts on quality and outcomes of care

This means to collect and analyse qualitative and quantitative data to demonstrate the impact of the arts on healthcare quality, health and wellbeing, as well as the economic benefits accrued through reduced costs of care.

- Identify and utilise a range of tools to record measure and demonstration the impact of Arts in Health activity with associated guidance/support for staff
- Work in partnership with research institutions and projects to build evidence in relation to the impact of the work
- Collate key information and disseminate strategically internally and externally to raise awareness of the benefits of the work

Image: Fighting Words Belfast activity, Speech and Language Therapy/Autism Intervention Service



Strategic Objective No. 4

To develop effective partnerships internally and externally in support of Arts in Health

This means that artists are seen as part of the team, engaging with staff, service users, carers, volunteers and communities. It also means working in partnership with other agencies such as Arts Care, Arts Council, Local Government, Public Health Agency and other Trusts.

- Build relationships amongst staff teams and artists, across the Trust services to develop a creative vibrant healthcare community
- Promote the role and benefits of the arts within Public Health at a strategic level e.g. Belfast Healthy Cities and employ arts based approaches to support engagement with service users and communities including schools e.g. Personal and Public Involvement
- Work with educational bodies to support the inclusion of Arts in Health elements in medical and arts related courses
- Work with BHSCT Volunteers Service to develop volunteer roles in support of Arts in Health



Image: Arts Care Artist in Residence Autism Awareness Week Exhibition, Autism Intervention Service



Strategic Objectives

OUTCOMES

MEASURES

Strategic Objective No 1:

To provide arts for all in health and social care settings

- Increased level of participatory activity
- Increased number of services engaged in Arts in Health activity
- Increased number of environments enhanced by artwork
- Increased funding & resources directed to Arts in Health

- Qualitative & Quantitative Data from Artist in Residence Reports
- Qualitative & Quantitative Data from Project reports, conference posters, papers, photographs, video footage, artworks
- Information provided by designated link person
- Visual Survey/Walk around designated areas
- Staffing levels, artist hours, financial records

Strategic Objective No 2:

To equip healthcare staff to use the arts to support them in their work

- Provision of Staff Training in Arts in Health
- Increased level of activity led by Trust staff
- Increased awareness of Arts in Health among staff, patients, carers, family members

- Number of staff attending Arts in Health Training
- Qualitative & Quantitative Data from Follow up survey with staff re levels of activity following attendance at training
- Qualitative & Quantitative Data from General and Staff Surveys

Strategic Objective No 3:

To measure the impact of the arts on quality and outcomes of care

- Increased capacity among staff and artists to use tools to measure activity
- Increased/Improved Qualitative and Quantitative Data in relation to Arts in Health

- Resources/information/training opportunities provided to support staff and artists to measure activity
- Qualitative & Quantitative Data collected using tools identified in relation to e.g. Health and wellbeing, Health conditions, Levels of medication, Behaviours

Strategic Objective No 4:

To develop effective partnerships internally and externally in support of Arts in Health

- Increased activity delivered through internal & external partnerships
- Increase in activity generated through provision of match/partnership funding
- Increased number of volunteers working to support Arts in Health

- Number of projects delivered through internal and external partnerships
- Total monetary value of projects where match/partnership has been provided
- Number of volunteers engaged in Arts in Health Programme year on year

Relaxing to focus on simple activity to distract the mind from worries and stress.

Staff Member, Mater Hospital

A joyful distraction!

Service user, Older Peoples Services

Very relaxing letting your mind drift off to somewhere full of colour and beauty.

Patient

The music helped my son relax, he was smiling and laughing

Mum, Belfast Children's Hospital

The art activity helps me with my reaching and movement

Brain Injury Patient, Knockbracken Healthcare Park

Took her (10yr old girl's) mind off going to theatre, created a happy and relaxed buzz about the ward.

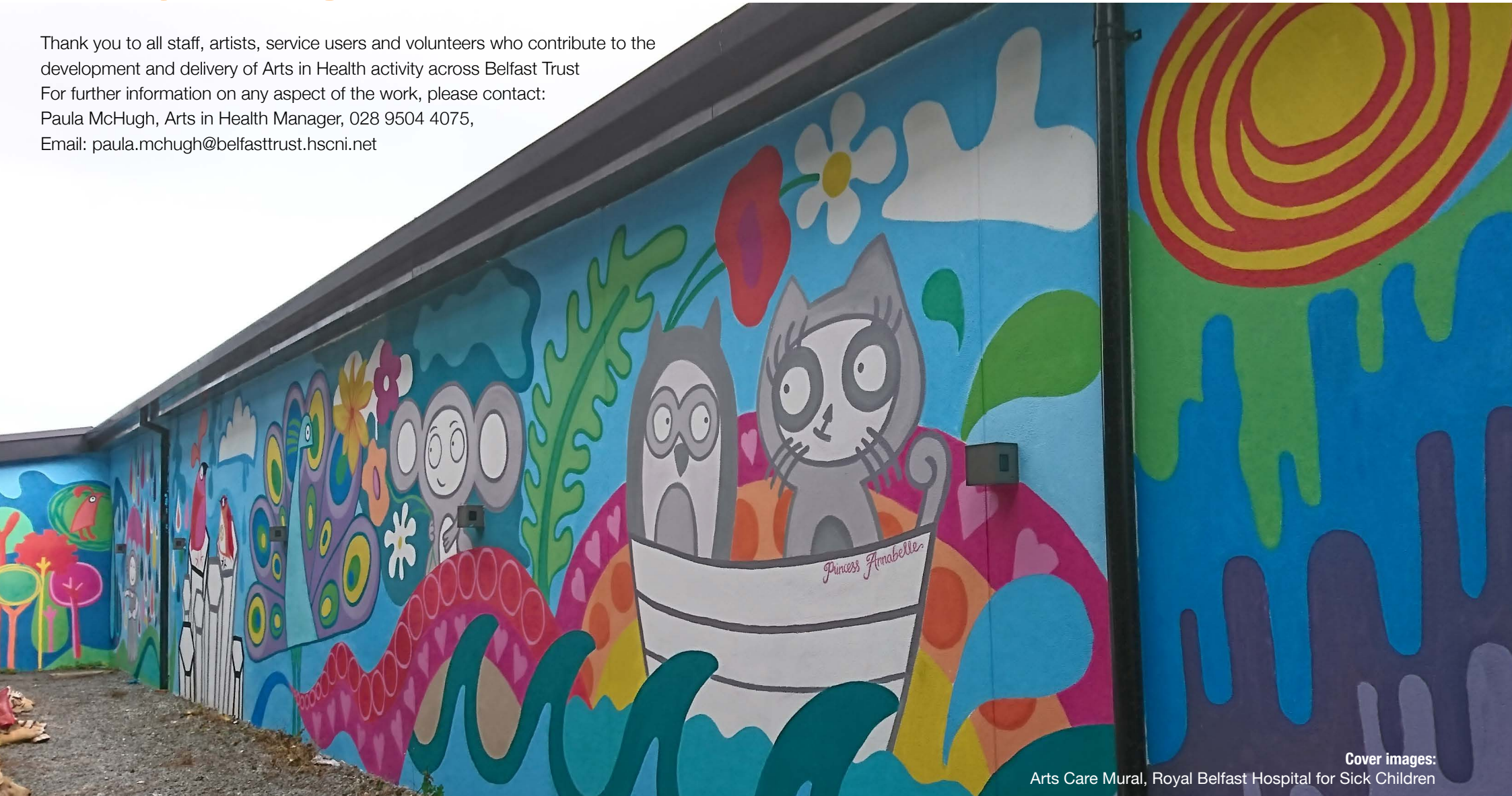
Family Member, Belfast Children's Hospital

So relaxing - second day of waiting for my Mum's treatment and your guitar playing has helped enormously.

Relative, Waiting Area, NI Cancer Centre

Thanks

Thank you to all staff, artists, service users and volunteers who contribute to the development and delivery of Arts in Health activity across Belfast Trust
For further information on any aspect of the work, please contact:
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Cover images:
Arts Care Mural, Royal Belfast Hospital for Sick Children