

Arts in Health News

Issue No 1: February 2021



Welcome

Welcome to our first Arts in Health Newsletter! Through this quarterly publication, the Trusts' Arts Steering Group hope to promote the benefits of Arts in Health activity across the Trust, provide information and support for staff and celebrate a selection of the wide variety of activity that the programme includes.

What is Arts In Health?

Arts in Health involves a range of arts-based activities that aim to improve individual and community wellbeing, enhance the healthcare environment and contribute to the quality of healthcare delivery across all services and facilities. Art forms can include music, visual art, dance, drama, photography, film-making, clowning, poetry & writing.

Within Belfast Trust the Arts in Health programme sits within the Planning Performance and Informatics Directorate under Health Improvement/Community Development but reaches out across the Trust to hospital and community services and engagement with hard to reach groups.

Projects in Focus

Arts Care4U

As COVID has limited face to face delivery of the Arts Care Artist in Residence Programme in Belfast Trust, Arts Care NI has created [Arts Care4U YouTube](#)

channel which aims to support staff and service users to continue to engage in creative activity for wellbeing during the pandemic. In a wide selection of pre-recorded videos, you will find art, movement, music, storytelling and some fun for children and young people with the Clowndoctors!

Remote Live sessions are also being delivered by Arts Care Artists in Residence in to a range of settings via MS Teams/Zoom.



Carmel Garvey, Arts Care Artist in Residence

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- Training, Resources and Support for Staff



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Projects in Focus



Break the Silence

IMPACT CAMHS is a service-user involvement group which was set up 4 years ago to promote the voice of young people within Child and Adolescent Mental Health Services.

The group worked with singer/songwriter Cormac Neeson to follow their dreams of going into a recording studio and making music around their mental health journeys.

The group have used their passion for music and creative arts to spread a message of hope and recovery to other people with mental health difficulties.

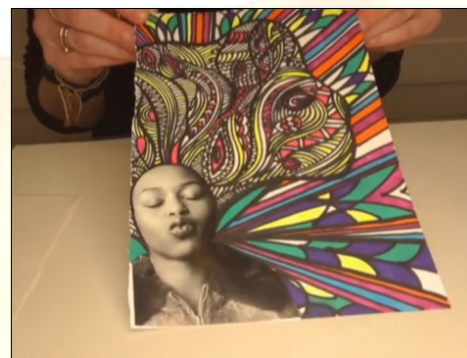


Listen to [Break the Silence](#) on Youtube or the full [Colour Theory EP](#) on Spotify.
Contact [Shauneen O'Connor](#) in CAMHS for further information.

CREATIVE TLC

Making Creativity part of your TLC is a staff wellbeing project within maternity services.

As part of the Safety Quality Belfast Quality Improvement programme the project will explore new ways to engage staff in creative activity to support their own wellbeing with weekly 20 min relaxing art activities being delivered by Arts Care Artist in Residence Beth McComish, via Facebook live.



Staff can participate in the 'live' session or catch up at another time. Initially focussing on the Antenatal Ward, the project will reach out across maternity services in coming months.

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Opportunities to get Involved

Here4U Choir

The Belfast Trust **Here4U Staff Choir** reached its biggest ever audience so far with their appearance on BBC Newsline in December with 28,000 views of their performance of Night of Silence/Silent Night on the BBC Facebook page alone.



The choir always welcomes new members (especially men!) and while it is operating on Zoom currently it is a great time to give it a try from the comfort of your own home on Tuesday evenings - 6.45-8.00 pm Conductor Keith Acheson, is hatching plans for future performances both virtual and live and would love to see you there! To sign up email Here4U@belfasttrust.hscni.net

Hidden Talents Exhibition

Staff and volunteers of the Belfast Trust will soon be invited to submit artworks for inclusion in the Annual '**Hidden Talents**' Art Exhibition. This exhibition is part of the City Hospital Arts Care Committee's, Annual Spring Arts Festival and is one of the most significant exhibitions in the gallery calendar. We hope that an exhibition of work in the Tower Gallery space at BCH will be possible, but if not, an online exhibition of the work will be created and shared. The exhibition is an opportunity to showcase the creative talent of BHSCT staff and volunteers. To ensure that you receive the Call Out for Works as soon as it is available please email Eithne.Currie@belfasttrust.hscni.net

Training, Resources and Support for Staff

Training: *An Introduction to BHSCT Arts in Health Webinar* - March 2021 (date TBC- 90 mins). If you are interested in finding out more about how to get involved in Arts in Health to benefit your service email Eithne.Currie@belfasttrust.hscni.net to register your interest.

Links:

- BHSCT Arts in Health Strategy – [Arts in Health: The Next Chapter 2019-24](#)
- [BSHCT Arts in Health Annual Review 19/20](#)

Contact for further information:

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