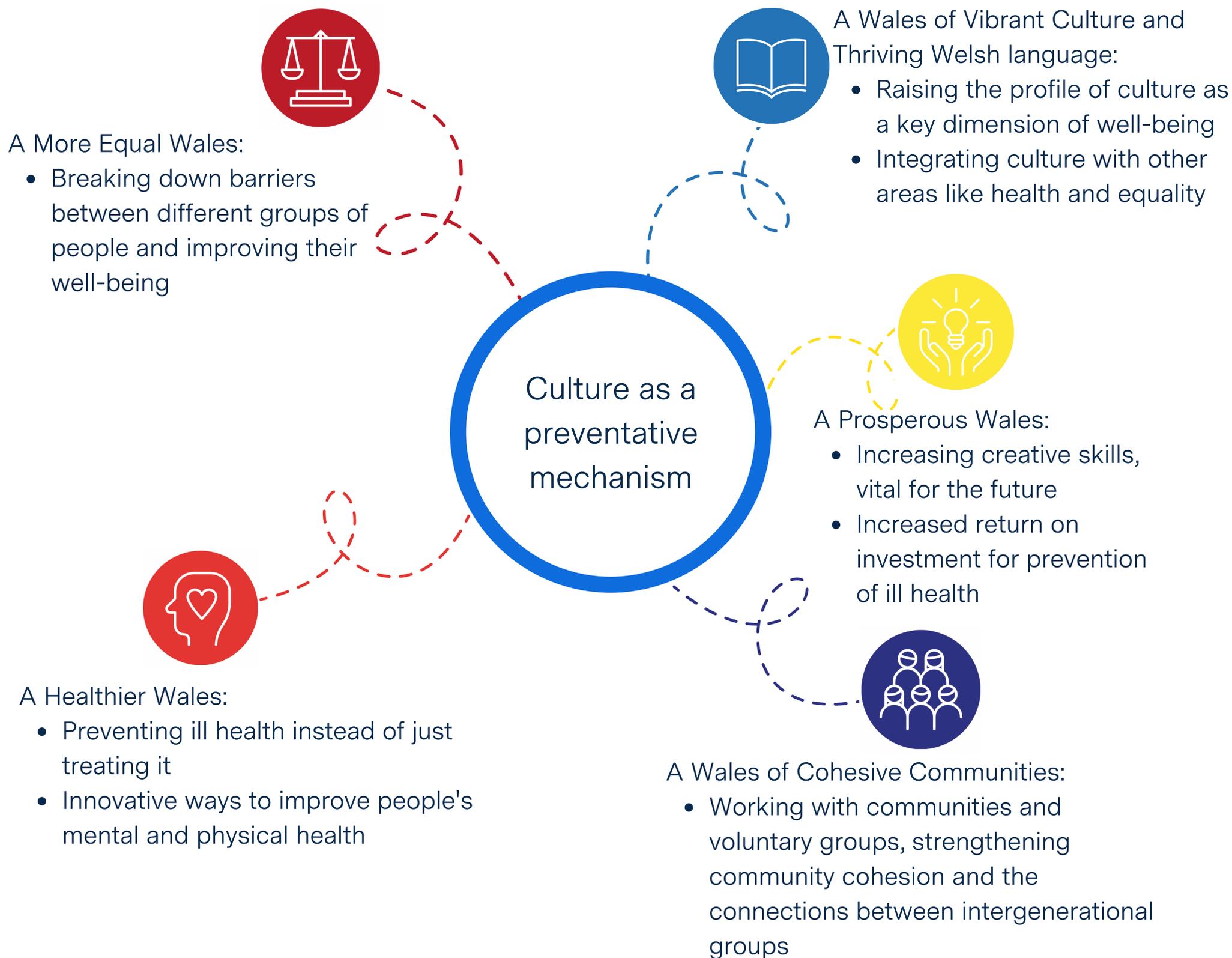




Arts & culture in well-being

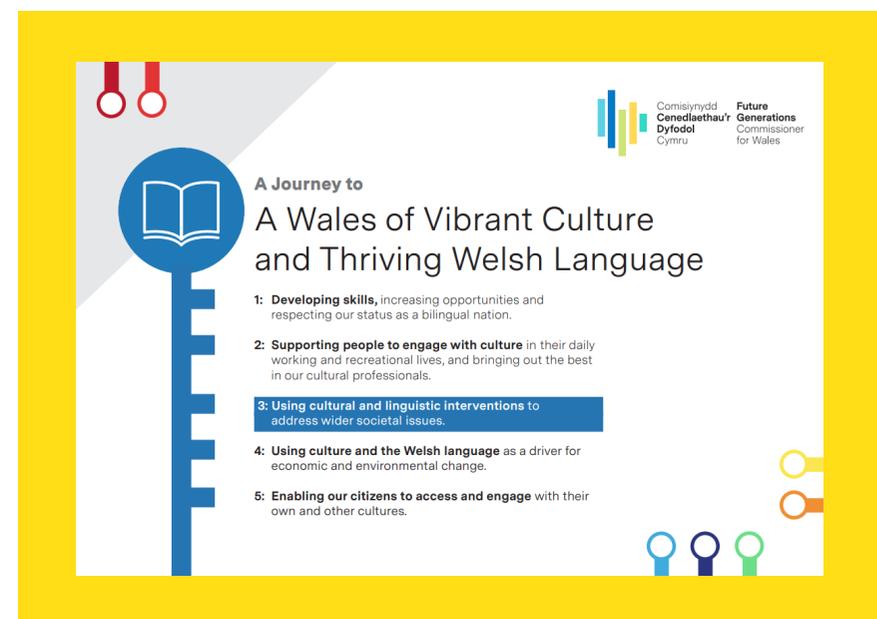
Most of the funding and efforts in relation to health go towards treating ill health instead of preventing it. We need a new system that prioritises keeping people well in the first place. Culture is a powerful mechanism for maintaining good health and preventing illness. A lot of public bodies recognise this and many have found a way to integrate this within their well-being objectives and steps. Collaboration between cultural and health bodies can be seen across Wales.

Using culture for prevention contributes to:



The Future Generations Commissioner's advice:

- Many of the steps in the [Journey to A Wales of Vibrant Culture and Thriving Welsh language](#) urge public bodies to integrate their efforts on culture and health and use culture as a preventative mechanism.
- The [Future Generations Report 2020](#) recommends that a national strategic communications campaign to promote the benefits of culture on the wider determinants of health is developed.
- The feedback the Commissioner provided to public bodies as part of her monitoring of progress included advice to better integrate work between the health and cultural sectors.



Arts Council of Wales - supporting integration between Arts and Health

- A Memorandum of Understanding between the Arts Council and the Welsh NHS Confederation
- Acting as the secretariat for the National Assembly's Cross-party Group on Arts & Health
- Funding support for all Health Boards in Wales to engage an Arts & Health Coordinator
- Investing in training and the [Wales Arts Health & Well-being Network](#)
- cARTrefu Programme - with AGE Cymru and the Baring Foundation - supports Artists in Residence within care homes in Wales
- Backing innovation via the HARP Programme – (in partnership with Y Lab) - [£450,000 of lottery funding made available](#) for arts and health practitioners to design and deliver arts activities that respond to the growing health needs arising from the pandemic
- Partnering Amgueddfa Cymru on Celf ar y Cyd sharing our national art collection in new ways across the Covid field hospitals

Contributes to:

The Arts Council's well-being objective to:

- Work more effectively, collaborating more imaginatively with like-minded partners across Wales



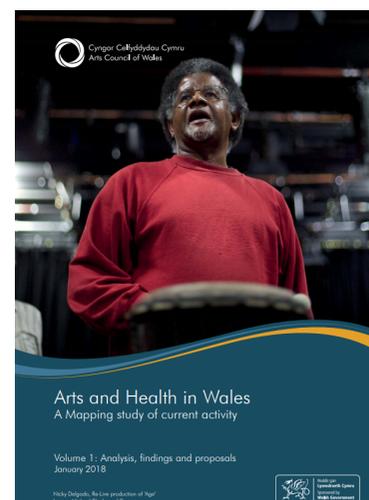
A Healthier Wales



A Wales of Vibrant Culture and Thriving Welsh language



A Prosperous Wales



Source: Arts Council for Wales



The Arts Council has funded a number of projects around the arts and health across Wales, including:

Head 4 Arts' [Head 4 Health](#) project

- Working with voluntary community organisations in South East Wales Valleys
- Offering creative experiences remotely for isolated people
- Offering “craft packs” that can be included in doorstep drop-offs
- Communicating with older people by post and telephone to continue work on a heritage project in Blaenavon



Source: Kevin Philips in partnership with Cymru Creations



Source: Arts Council for Wales

Visual arts in field hospitals

- Swansea Bay University Health Board's Capital Arts commissioning and installing artwork in field hospitals
- Poetry panels have been installed in the corridor
- Staff wellbeing rooms have been created in each hospital
- Film of local nature with outdoor sounds is showing for patients



Network - a digital programme of opportunities for theatre makers

- National Theatre Wales' [Network](#) in collaboration with Theatr Genedlaethol Cymru and Sherman Theatre
- Developed in response to impact of COVID-19 lockdown
- Creating job opportunities; connecting and **involving** communities online
- **Preventing** social isolation during COVID-19
- An open call to come up with innovative and human responses during the ongoing lockdown
- Producing play readings, showcasing the talent of playwrights, companies and creatives



Canfod y Gân (Discover the Song)

- Led by Canolfan Gerdd William Mathias, in collaboration with Gwynedd Council's Learning Disability Team
- A musical group that's providing a lockdown lifeline for people in Gwynedd with and without learning disabilities
- People to come together with music tutors and volunteers to create music
- Normally have fortnightly sessions in Harlech, Caernarfon and Pwllheli but during the pandemic, the groups meet on Zoom weekly
- Have created several virtual performances including one by the Harlech group describing lockdown life



Source: lolo Penri

“We believe that every person has a song to sing and that every person deserves the opportunity to discover and share their song.”

CGWM Director, Meinir Llwyd Roberts



The National Library of Wales - Living Memory project

- The [Library's](#) graphic and audiovisual collections are used to unlock memories and to support reminiscence therapy with older people and those living with dementia
- Started in [collaboration](#) with [Hywel Dda Health Board](#)
- Has been expanded into a national scheme
- The Library has prepared, produced and distributed more than 200 packs of archive photographs and films for use by care homes and health organisations, voluntary groups and libraries throughout Wales

Contributes to:

[Hywel Dda's](#) well-being objective to 'plan and deliver services to enable people to participate in social and green solutions for health'.

[The National Library's](#) objective to 'make a difference to Wales by changing lives, working with local and national organisations and supporting agencies to create happier, healthier and more sustainable communities, with access to knowledge, learning and culture for all.'



Source: National Library for Wales



A Healthier Wales



A Wales of Vibrant Culture and Thriving Welsh language



A More Equal Wales



A Wales of Cohesive Communities



Denbigshire Council - Lost in the Art project

- **Collaboration** with the Arts Council and Bangor University
- Uses visual arts to address issues that can affect people with dementia, including social isolation, confidence, communication and quality of life, in order to reduce and **prevent** them in the **long-term**
- Intergenerational element - schools pupils undertake Dementia Friends training and work with the participants in some of the sessions
- Participants **involved** in the Welsh Government's dementia strategy
- Artists contributed to the 'Dementia and Imagination Research Informed Approaches to Visual Arts Programmes,' which can be used as a blueprint for future projects
- The project rolled out to Wrexham, Flintshire and Conwy in **collaboration** with social services, Betsi Cadwaladr University Health Board, GPs and the Alzheimer's Society

Contributes to:

Denbigshire Council's well-being objective to 'work with people and communities to build independence and resilience'.



A Healthier
Wales



A More
Equal Wales



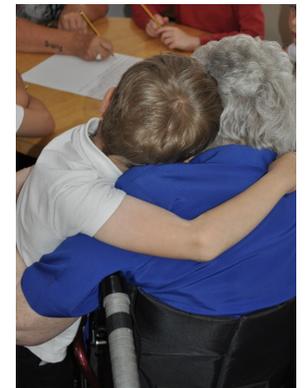
A Prosperous
Wales



A Wales of
Cohesive
Communities



A Wales of Vibrant
Culture and Thriving
Welsh language



Source: Denbigshire County Council



Source: Denbigshire County Council



Amgueddfa Cymru - Celf ar y Cyd

- **Collaboration** between Amgueddfa Cymru, the Arts Council of Wales and the Welsh Government
- Working with health boards across Wales to explore how the Museum's collection can enrich and complement the artwork currently on display in hospitals
- Bringing comfort to the patients at the temporary hospitals and permanent locations by showcasing artwork that depicts their area
- **Cwm Taf UHB's** field hospital, Ysbyty'r Seren, has a beautiful trail with artwork from Amgueddfa Cymru
- In **Hwyel Dda's** Ysbyty Enfys there are landscape paintings of the west coast and rural life in the area

Contributes to:

Amgueddfa Cymru's well-being objective to 'make a difference to Wales - changing lives by working with local and national organisations to create a happier, healthier and more sustainable Wales, with access to culture for all, and a thriving economy'.



A Healthier
Wales



A Wales of
Vibrant Culture
and Thriving
Welsh language



A More
Equal Wales



Source: Amgueddfa Cymru



Source: Amgueddfa Cymru



Amgueddfa Cymru - Objects of Comfort

- **Collaboration** with the Older Person's Commissioner, Alzheimer's Society, Innovate Trust and the Greater Gwent Health, Social Care and Well-being Partnership
- Museum collections and resources now downloadable for care settings to use to generate conversations and stimulate happy memories
- Helping to reduce and **prevent** loneliness and isolation
- Piloted with groups and care homes in Torfaen, Blaenau Gwent and Cardiff

Contributes to:

- Amgueddfa Cymru's well-being objective that 'users experience a connected and accessible digital museum for engagement, creativity and learning.'



A Healthier
Wales



A More
Equal Wales



A Wales of Vibrant Culture
and Thriving Welsh language



Objects of Comfort provides a unique way to connect people living in care homes with Amgueddfa Cymru's collection, and I'm sure the campaign will spark many lively conversations and memories throughout Wales. Activities in care homes are crucial in helping older people to have a good quality of life ...I would urge care homes to get involved with the campaign and utilise the excellent resources that have been developed by Amgueddfa Cymru."

Older People's Commissioner for
Wales, Heléna Herklots CBE

