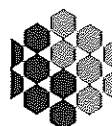


FROM THE MINISTER FOR HEALTH,
SOCIAL SERVICES AND PUBLIC SAFETY
Edwin Poots MLA



Department of
**Health, Social Services
and Public Safety**
www.dhsspsni.gov.uk

Castle Buildings
Stormont Estate
BELFAST BT4 3SQ
Tel: 028 90 520642
Fax: 028 90 520557
Email: private.office@dhsspsni.gov.uk

Michelle McIlveen
Chair, Committee for Culture, Arts and Leisure
Room 344
Parliament Buildings
Stormont
BELFAST
BT4 3XX

Our Ref: AGY/472/2014

Date: 22 July 2013

Dear Michelle

Thank you for your letter of 24 June seeking information as to how Health and Social Care bodies engage with arts groups and arts venues to use art as a form of therapy and enrichment.

Please find attached the requested information in the attached Annex.

Edwin Poots MLA
Minister for Health Social Services and Public Safety

**COMMITTEE FOR CULTURE, ARTS AND LEISURE INQUIRY INTO INCLUSION
IN THE ARTS: USE OF ART AS THERAPY BY HEALTH AND SOCIAL CARE
BODIES**

1. The Health and Social Care (HSC) Trusts collectively recognise the vital role and therapeutic value which the arts play within the HSC. The positive impact and benefits derived from the engagement of the arts with healthcare has transformed clinical environments throughout the HSC and enabled people to change and improve their lives.

Arts Care

2. Founded in 1991, Arts Care is a unique Arts and Health Charity based in Northern Ireland. In partnership with the Health and Social Care Trusts throughout Northern Ireland, Arts Care engages:-
 - 19 Artists in Residence;
 - a team of Northern Ireland Clown Doctors; and
 - many project artists who facilitate and co-ordinate participatory workshops and performances.
3. These artists are employed by Arts Care but are supported jointly by the HSC Trusts and DHSSPS via the HSC Board. Believing in the benefits of creativity to well-being, Arts Care makes all forms of art accessible to patients, clients, residents and staff in health and social care settings.
4. Arts Care aims to increase access to creative activities for people receiving healthcare services and especially to groups and individuals from areas of high deprivation, who may not ever visit or avail of quality arts facilities in the community.
5. In recent years research has shown that Art in the HSC has proved beneficial by:-

- Developing self-confidence and self-esteem;
- Positively affect the culture of hospitals;
- Improve staff and patient relationships and morale;
- Improve social skills;
- Help communication on many levels;
- Strengthen hospital communities;
- Decrease social isolation;
- Enhance mental and physical health and well-being;
- Develop creativity in the work place;
- Improve sensory awareness and physical dexterity;
- Transform a challenging period in hospital into an enjoyable experience;
- Provide opportunities to develop new skills;
- Enhance the environment of health and social care facilities.

Belfast Health and Social Care Trust

6. *Belfast Trust Arts in Health Strategy 2013-15*: This was developed in partnership with Arts Care and launched in January 2013. The strategy is intended to increase understanding of the role of the arts within Belfast HSC Trust services and to strategically support further development of arts in health initiatives within a local and wider international context.
7. Belfast Trust appointed an *Arts in Health Manager* in April 2014. The appointee will act as a central point of contact and resource within the Trust to drive the implementation of the Trust's Arts in Health Strategy, with a view to enhancing the outcomes for patients, service users, carers, visitors and staff.
8. Arts in Health activity in the Trust has focussed on the following areas and services:-
 - Acute and Chronic Mental Health;
 - Cancer;
 - Children's and Young Peoples' Services;
 - Learning and Physical Disability;

- Neuro Rehabilitation;
 - Older Peoples Services;
 - Acute and Chronic Healthcare;
 - Staff;
 - Estates.
9. There are seven *Arts Care Artists in Residence* based in the Belfast Trust - five visual artists, a dancer and a musician. The latter provide the core Arts in Health activity within the Trust, each employed approximately three days per week in the Trust on a wide range of projects with services users, visitors, adults and staff. Within the Trust each Arts Care artist is supported by an Arts Care Committee, comprising an honorary chairperson and volunteers from the hospital staff and other interested parties. These committees are currently operational at Belfast City Hospital, Musgrave Park Hospital, Mater Hospital and Knockbracken Healthcare Park.
10. Belfast Trust also employs clinical art therapists and a music psychotherapist. Other external organisations provide arts activity within the Trust on a contract basis, e.g. the Northern Ireland Music Therapy Trust. Art and music therapists deliver a clinical model of arts participation across different services within the Trust including mental health, neuro-rehabilitation, brain injury and older people's services.
11. Examples of this include:-
- Arts activities for cancer patients take place on a weekly basis in the Cancer Centre;
 - The resident Arts Care artist at Belfast City Hospital coordinates a programme of exhibitions at the Tower Gallery space, and artwork and poetry is exhibited by patients, staff, medical students and local arts groups;
 - A programme of visual art workshops is attended by mental health service users, who are supported by their Occupational Therapists;

- An extensive visual arts programme is delivered at Musgrave Park Hospital for Neuro Rehab and Brain Injury service users and ward staff;
- Extensive programmes of art activity are delivered in day centres and residential homes, which include reading programmes, visual arts and dance activities;
- Several performing groups have arisen from Arts in Health activity within the Trust or are supported by the Trust within the community.

12. Belfast Trust also provides a number of arts based activities in partnership with external organisations:-

- *Arts Care Here and Now Festival;*
- *Live Music Now;*
- *Community Arts Partnership;* and
- Belfast Trust will present activity as part of *Culture Night 2014*

Northern Health and Social Care Trust

13. *Arts Care* provide the following services within the Northern HSC Trust:-

- Three Artists in Residence;
- *Twilight Zone Project;*
- An arts-based interventions programme with young people in care homes.

14. The Trust also employs technical instructors and activity co-ordinators in a number of day care and residential units within the Trust and Residential units within the Trust also provide art as an activity rather than as a therapy.

South Eastern Health and Social Care Trust

15. Arts Care delivers a social model of arts engagement with service users and healthcare staff, and contributes to *Transforming Your Care* and other health improvement programmes. Activities take place in a number of different settings, including healthcare facilities, wards, arts centres and arts spaces across the Trust area.

16. Thompson House Hospital, which provides nursing care and support services to individuals with complex neurological illness and acquired brain injury, offers art as therapy on a daily basis (Monday to Friday) for those service users who wish to participate in art classes, and events and trips with a focus on art.
17. The use of art as therapy is well recognised and embedded within Mental Health Services in the South Eastern Trust. This is illustrated by the arts activities which are available on wards, involvement in Arts Care Projects, and the focus on supporting people to explore and try new activities both as inpatients and in the community.
18. Two artists in residence deliver a variety of arts activities to the following healthcare services:-
 - Mental Health Services;
 - Older People's Services, including Day Care and Residential Care;
 - Older Well and Older People living with dementia;
 - Young People and Children Services;
 - Learning and Physical Disability Services;
 - Hospital Services;
 - Staff Services.
19. Art activities within the South Eastern Trust include:
 - *Arts Care NI Clown Doctors* - a weekly clowning and performance based activity for children and young people in hospital wards and units across the Trust;
 - *Here and Now* - an Older People's Arts in Health Festival. Arts Care artists deliver a wide range of arts workshops to older people, which provide opportunity to develop new creative skills in older age;
 - *Art of Well-Being Healthcare Staff Training Programme* - Introductory creative training workshops, aimed at teaching healthcare staff how to facilitate art/music/dance movement activities in their workplace for the older people they care for.

Southern Health and Social Care Trust

20. *Arts Care* activities take place in healthcare facilities, and also in local Arts centres and arts spaces across the Trust area. Three Arts Care Committees work closely with three artists to ensure that the needs of patients and service users are appropriately identified and addressed through the Arts Care programmes.

21. The artists in residence deliver a variety of arts activities to the following healthcare services:-
 - Mental Health Services;
 - Older People's Services, including Day Care and Residential Care;
 - Older People living with the challenges of dementia;
 - Young People's Services;
 - Learning and Physical Disability Services;
 - Hospital Settings;
 - Healthcare Staff.

22. Art activities in Southern Trust include:-
 - *Twilight Zone Project* - delivered to young people between the ages of 12 to 18. The project provides access to high quality arts engagement for young people in Trust residential care and foster care. It provides opportunity to express their 'voice' and reflect on their lives through participation in a wide range of arts activities, such as music, art and dance;
 - *Here and Now* - this Older People's Arts in Health Festival is aimed at older well people and older people living with the challenges of ageing, such as dementia and Alzheimers disease. It provides opportunity for older people to develop new creative skills.
 - *Arts Care Arts for Young People and Children* - Workshop activity for young people availing of Mental Health Services;

- *Here and Now Healthcare Staff Creative Training Programme* - This enables healthcare staff from residential Older People's facilities and Day Care Services to learn introductory creative skills, which they can then take back to their workplace in order to facilitate basic arts activities for the service users they care for.

Western Health and Social Care Trust

23. One artist in residence delivers a variety of arts activities to patients, clients and staff across the Trust. These take place in the Trust acute hospitals, intermediate care settings, mental health in-patient facilities, and in community facilities, such as residential homes and day centres for older people and children.
24. Activities include:-
 - *Arts Care NI Clown Doctors* - performance based activity for children and young people in Altnagelvin Hospital;
 - *Arts Care NI Skylarks* - an interactive clowning-based programme, which builds creative skills using a person centred approach to engage with people living with dementia, and is part of the *Here and Now Festival*;
 - *Here and Now* - an Older People's Arts in Health Festival, aimed at older well people and older people living with the challenges of ageing, such as dementia.